

# BGR

BLUEGRASS RUNNERS  
LEXINGTON, KENTUCKY



The first potluck of the year was held April 18 come join us  
The Sunday BGR club runs at 6 PM. **start at Bluegrass  
Community & Technical College – Commonwealth  
Stadium Parking lot at 6 PM. This is a 5-mile course.**  
Potlucks are held once a month after the run – Starting  
about 7 PM.

### POTLUCKS

May 23

June 20

July 18

Aug 22

Sept 19

**New Club Logo Unveiled** Our new club logo was unveiled at the March 18th club meeting. Congratulations to Andy Stevenson of Nicholasville, who submitted our winning design. We had lots of great ideas submitted — thanks to everyone who sent in a logo concept for the contest. The new logo will be on our website soon.

Edition 2010, Volume 3  
May – June 2010

**May 20<sup>th</sup> & June 17<sup>th</sup>, 2010 – 7 p.m. –  
Club Meeting – Good Foods Co-op  
Community Room, 455 Southland Drive**

# Welcome New Members To BLUEgrass Runners

## CLUB OFFICERS

Martin Bess  
President  
859-361-0071  
[mbessky@aol.com](mailto:mbessky@aol.com)

Rana Johnson  
Vice President

Louise Hensley  
Treasurer

Debbie Jackson  
Secretary

## BOARD MEMBERS

Melynda Jamison

Leo McMillen

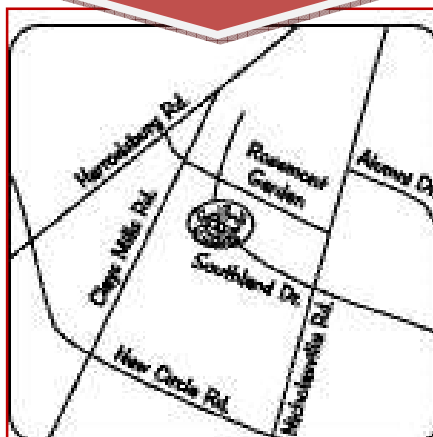
Shannan Gabe

Mike Lesshafft

Website & Club  
Communications  
Shannan Gabe, Chris  
Grecco, Michael Lesshafft,  
& Matt Reno  
[bgrwebsite@gmail.com](mailto:bgrwebsite@gmail.com)

Dawn Burdette, Brennan Donahoe,  
Anne Durham, Stacy Durham, Greg  
Elam, Brian Jones, Annette Manlief,  
Andrea and Stephen Wilson,  
George Rogers, Kimberley Risner.

**BLUEGrass Runners Club meetings are on  
the third Thursday of the month at Good  
Foods Coop located at 455 Southland Drive,  
Lexington**



Thanks to this issues  
contributors: Dan Wells, Michael  
Lesshafft Shannan Gabe, Chris  
Grecco, Terry Foody, Deborah  
Jackson, Larry Steur, Matt  
Reno, & Bruce Carey.

## BLUEGRASS RUNNERS PRESIDENTS PAST AND PRESENT

Martin Bess 2008-09  
Tom Hackney 2007  
2006 Lisa Dahl  
2005 Martin Bess  
2004 Leo McMillen  
2002-03 Martin Bess  
2001 Louise Bieschke  
2000 Chuck Griffis  
1999 Chuck Griffis  
1998 Leo McMillen  
1997 Leo McMillen  
1996 Patrick and  
Louise Bieschke  
1995 Betty Nigoff  
1994 Larry Steur  
1993 Alan Miles  
1992 Brian Crumbo  
1991 John Lathrop  
1990 Dave Winters  
1989 Dave Winters  
1988 Larry and Celia  
Wheeler  
1987 Dick Jefferies  
(Vice  
President/Acting  
President)  
1986 Bruce Carey  
1985 Jim Sutton  
(resigned due to  
family illness)  
John Culbertson (Vice  
President served  
remainder of term)  
1984 Robbie Robinson  
1983 Robbie Robinson

## NEWSLETTER Editor

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## **Ready for May flowers –** From <http://www.bluegrassrunners.org/>

We've all weathered the spring with its iffy forecasts and those "April showers," which many of us probably believe started in late March at the Lexington Half Marathon. Soggy race days have seemed to be a trend over the past month, so we welcome May, which will bring more sunshine, the end of the school year, and the kickoff of the summer racing season.

**Next Club Meeting - Thursday, May 20 7pm**, at the Good Foods Co-op Community Room on Southland Drive. Members and guests welcome. Agenda items include proposals for a new club point system to reward all members for club and running-related activity and annual club bus trips.

**Sunday Evening Potluck - May 23** Whether or not you want to join in the 5-mile club run at 6pm, bring a dish and picnic with other members following the Sunday run. The potluck will start around 7pm in the Commonwealth Stadium parking lot near KET. Family members welcome!

**Weekly Group Runs on Saturday & Sunday** Join fellow members at 7am each Saturday morning for a hilly but scenic run through some of our area's beautiful horse country. Distances generally vary between 6 and 20 miles. Meet at the Bethany Baptist Church on Parkers Mill Road behind the airport. On Sunday afternoons, meet at the Commonwealth Stadium parking lot near KET at 6pm for a 5-mile run through a scenic residential area near UK.

**Wednesday Interval Workouts in Full Swing** Come out to the UK Track around 6pm on Wednesdays for speed training with other club members. Note that you must park off campus and walk or run to the track (a few blocks) until mid-May when UK is out of session. For more info, send an email to [bgrwebsite@gmail.com](mailto:bgrwebsite@gmail.com)

**Lexington Half Marathon** was a field day for BLUEgrass Runners. It was a soggy, windy day offering less-than-ideal running conditions, but our club members prevailed in the inaugural 13.1-mile event last Sunday. With four first place age group finishes, including an overall Masters winner, and four second and third place age group winners, BGR had a great showing. Congratulations to Chris Grecco, who took 7th overall and 1st Masters; Betsy Laski, Mary Stebbins, and Danny Place, who all won their age groups; Amy Carwile and Stan Briggs, who took 2nd in their age groups, and Leo McMillen and Brenda Burton, who finished third in their age groups. In addition to taking on the race course, a number of club members also volunteered on race day and/or at packet pick-up the day before. Our club's involvement was visible all over the place.

**BLUEgrass Runners Conquer the Derby Festival Marathon & Mini.** As they headed to the starting line before sunrise, it looked like it was going to be yet another soggy race in the Bluegrass, but just minutes after the gun went off, the skies cleared and gave way to a pleasant day in the Derby City. With more than 20 members participating, BLUEgrass Runners was well-represented and had several Top 100 finishers.

**Grecco Takes on London (England, that is.)** Congratulations to Chris Grecco for yet another 2:48 marathon finish, placing him 396th out of almost 37,000 marathoners, and this time across the pond where the traditional pre-race meal is porridge and a Guinness.

**Way to run, Val!** Our 2009 Male Runner of the Year Val Zeps has started the 2010 5K season in a big way, winning the Bryan Station Defender 5K Classic on April 10, with a time of 17:45. Several BLUEgrass Runners took home hardware at the race.

**Three Members Take 1st Place** at Papa John's 10-miler. Congratulations to club members Leah Bond, Roberta Meyer, and Mary Stebbins, who each took her age group's first place award at the third of the Louisville Triple Crown races on April 3. [Click here](#) for the full list of member results.

**Runners' Training Camp** in Vermont this July Adult runners of all speeds and experience levels are invited to check out this 3-day or week-long camp in Northern Vermont. Campers will run, bike, hike, and kayak as well as enjoy sessions on yoga, nutrition, and sports psychology. The camp director will make a donation to BGR or to one of the charities we support for each club member who attends the camp. If you consider attending, please let us know. Click here for the camp website.

**Running together is a great way to meet other runners while getting your miles in. Join us for these weekly group runs:**

### **Saturday Mornings**

7:00 am, Bethany Baptist Church, 4710 Parkers Mill Rd

Various distances, ranging from 4 to 20 miles, through scenic horse country. Rolling hills, water/recovery drinks often provided on the course.

### **Sunday Evenings, April through October**

6:00 pm, Commonwealth Stadium parking lot, near KET

5-mile run through scenic residential area out Lakewood Drive.

Variety of paces, walkers welcome. On the Sunday following the third Thursday of each month, a potluck dinner will immediately follow the run.

(November through March, the Sunday club run starts at 4pm at John's Run/Walk Shop on S. Ashland Ave)

### **Wednesday Evening Track Workouts, Spring & Summer**

Approximately 6:00 pm, University of Kentucky Track off Cooper Drive near the baseball stadium

Interval workouts to build speed. Variety of paces, and no experience needed!

Note that you must park off campus and walk or run to the track (a few blocks) until mid-May when UK is out of session. For more info, send an email to [bgrwebsite@gmail.com](mailto:bgrwebsite@gmail.com)

**Group Run in Georgetown Area**We currently have some interest in a weekly run in Georgetown on weekend mornings or weeknights. If you're interested in a weekly run in Georgetown, email us at [bgrwebsite@gmail.com](mailto:bgrwebsite@gmail.com).

**Looking for a group run at another time or location?**We are trying to start up more weekly group runs throughout the Bluegrass. Send an email to [bgrwebsite@gmail.com](mailto:bgrwebsite@gmail.com) and let us know where and when you'd like to run with a group, and we'll help get you started.

Or call Martin Bess 859-361-0071

# Virgin London Marathon Race Report

by Chris Grecco

London, United Kingdom

April 25, 2010

Legs ran o'er London  
Not so fast, though shant complain  
Saw sights 'n Chelsea win

(**Editor: Umm, what is that?** My race report. **Editor: It looks sort of like haiku.** Well, you told me to keep this one short. **Editor: Yeah, the goal is to tell people about the race in a few paragraphs, keep it light-hearted, and put a few pictures in.** Okay, I'll add some pictures. **Editor: Wait, haiku is Japanese, but you ran the London Marathon.** Actually, I ran the Virgin London Marathon and since I'd never had the wonderful experience of writing haiku I thought it would be appropriate to do so for this race, thereby losing my haiku writing virginity. **Editor: Wow. That's really a stretch. Can't you just write a few paragraphs for us?** Sure thing, mate.)

## First Paragraph

Since it promised a fast and flat course and usually good weather, I registered for the London Marathon, sorry, the Virgin London Marathon about eight months ago. My goal, as always, was to PR and finish under 2:45:53. Having never been to London, I also had an interest in doing some touristy type stuff, and hopefully getting a ticket to a Premier League soccer (err, football) match (preferably Chelsea FC, my new fave team).

## First Paragraph: Part B

(**Editor: Nice. Conveniently insert a "Part B" in there as foreshadowing to the inevitable deluge of continuous stream of consciousness writing that shall be now known as "The Longest Race Report Ever."** Ease up, trust me on this one.) For those of you who might be interested in running the race, the only way I found to register was through Marathon Tours ([www.marathontours.com](http://www.marathontours.com)). Thus, while not the cheapest way to run a marathon, I found their staff to be competent, the accommodations to be suitable, and all of the logistics to be well taken care of. The fee you pay covers your race entry, a nice hotel in London for either three or five nights (you choose from three properties), race-day breakfast, and transportation to the race start. (**Editor:**

**And they get you back to your hotel after the race, right?** Ummm, negatory.)



## Second Paragraph

Not sure what these guys were doing in the hotel lobby, but they scared me.

With the Icelandic volcanic ash blown to other areas the day before, I arrived at Heathrow Airport without any problems around noon on Friday. A quick train ride into London and a 15 minute walk to my hotel meant I was checked into The Cumberland by mid-afternoon. I had already decided that it would make more sense to get my race number on Friday and avoid the Saturday rush. The expo at the ExCeL Convention Center wasn't exactly close to my hotel, but the tube and train ride

allowed me to figure out the mass transit system and see a bit of the eastern side of town at the same time.

## Second Paragraph: Part B

**(Editor: Here we go again.** Oh please, was that last one that painful? **Editor: No, but this one could be, get me a Guinness.)** The expo was large with booths from the usual suspects of running shoe and apparel companies, fine purveyors of nutrition and energy bars and gels, and sponsors of other races. After getting my race number and goodie bag and not seeing the race t-shirt inside I asked a volunteer where I would go to pick that up. She said, “At the end.” Since I was standing ten feet from the exit door I started looking around and said, “At the end, where?” To which she replied, “At the end of the race, after you run it, you know...26 miles?” and she looked at me like I was the dumbest runner at the expo. **(Editor: You probably were.)** So, apparently, they do things a bit differently in London Town. The other thing that was a bit different was that there was actually a can of cold beer (sorry, “ale”) in my race goodie bag and really not much else. I think it’s one thing to get a beer after a race, but these folks clearly mean beer business or maybe they just know what you’re in for when you run 26.2 miles and they figure, “what the heck, better start having these crazies drink the hard stuff now.” On my way back to my hotel, I met my new friend found from craigslist.com to purchase my Chelsea ticket, ate some fish & chips, and walked by Buckingham Palace. (“No, Mom, I didn’t see the Queen.”) A full day indeed.



## Second Paragraph: Part BAM!

The author not in front of the London Bridge

**(Editor: Part BAM!?** Yeah, that’s what it felt like to me.) Having been asleep on Friday night for a few hours, I needed to use the toilet (their word, not mine. I, personally, am partial to “loo.” **Editor: Yeah, I bet you are.)** Not bothering to turn the lights back on during my return trip to bed, I slammed face first into the corner of a half inch thick glass wall which had somehow magically appeared in the middle of my room. BAM! was the sound followed by blood trickling down my face. I was able to get the two-inch cut closed without a trip to the ER and henceforth had an interesting story to explain the weird line right down the middle of my forehead. For the next few days I thought all the ladies were checking me out, only to remember that what they were really doing was wondering why a degenerate looking hooligan thug was carrying a small digital camera, a Fodor’s London Tourbook, and a wide open, heavily used and abused, map of the London subway system.

## Third Paragraph

I spent Saturday morning walking around the Houses of Parliament, touring Westminster Abbey, and getting lunch at an outdoor café in Soho. **(Editor: Oh, very European of you.)** I probably took in a little too much of the sights, but I was, after all, in London and I had no idea if I’d ever get back. I spent late Saturday afternoon watching footy highlights on a show, called, oddly enough, Soccer Saturday and then had a heaping plate of traditional British pasta for dinner. The one thing I noticed about the few meals I’d had so far is that it took the wait staff f-o-r-e-v-e-r to do anything and everything. Not that I was an American in a rush, but I was an American in a rush.



This guy looks tough, but he's a real softy when you get to know

## Third Paragraph: Part B

I awoke race-day morning to more than my usual back pain, got dressed in my running kit, and went downstairs for my complimentary buffet. I heard lots of conversations amongst the other ‘thonners, none of which was in English, American or British or Olde. The most recent email from the race had indicated, “*The best pre-race meal would be a bowl of porridge, ‘a runner’s super food’.*” Umm, I’ll stick with a bagel, energy bar, and a banana thanks, lest that porridge is nine days old. I boarded the Marathon Tours bus at 7:15am and was at the race staging area by 7:45am. From that point to the start of the race was pretty much like the U.S. marathons I’ve run: wait, stand in port-a-loo line, rub slimy stuff on various parts unmentionable, wait, stand in port-a-loo line, rinse, repeat as necessary. It did start to rain hard about 30 minutes before the 9:45am start, which was a nice added London-ish touch. Of course, at this point I had nothing but shorts and a long-sleeve cotton t-shirt with a picture of Santa Claus on it to keep myself warm and dry; I was left wondering when I was going to get my crumpets and why I didn’t bring my well worn woobie.

This picture was in the race instructions packet. I understand the importance of this, but is the “wee” image really necessary?



### Third Paragraph: Part C

**(Editor: Ugh. Shuddup.)** The race started without much fanfare. Despite being in “pen” one (not named corrals there) of three separate starting areas there was a lot of crowding for the first six or seven miles. This didn’t slow my pace down considerably, but it did mean I had to work extra hard to find the right path, not step on someone, figure out which aid station to use, etc. At a time when I was supposed to be relaxing, I was doing a lot more thinking than usual. The middle of the race went fairly smoothly despite the temps starting to rise to the mid-60s. All of the fans kept telling us to “Go On!” as if we might just stop right there at mile 11 or something. I did see Deena Kastor at one point running the opposite direction and she didn’t look fresh at all. I yelled “Go Deena!” but she didn’t hear me over the din of the spectators who clearly came ready with copious amounts of vim. I thought a few mini-surges around miles 16-18 would give me a fighting chance to PR and I almost ended up running negative splits because of the early crowding, but it just wasn’t meant to be. I ran 2:48:19 finishing in 396<sup>th</sup> place out of almost 37,000 (splitting 1:23:40 / 1:24:39).

### Third Paragraph: The End

In summary, **(Editor: Finally.)** the race itself is very well organized and the crowd support is phenomenal. The course is indeed flat, though there are a couple of minor hills here and there. The temperatures were probably a bit warm for a really great effort, but even then mid-60s weren’t too bad and the skies were overcast for much of the race. I’d say that if you were going to run it as a fun, vacation-oriented, race you’d have a really good



I think one of these people is a real snazzy dresser (you can guess which one)

time. Doing so, you’d still be able to take in the sights before and after, enjoy a flat course with great fans, and see some of London’s most famous sights along the race route. However, I’d think twice if you were going to try to use it as a way to run a really fast time. It may be fast for the elites, but unless you gain entry to the elite start you are going to be behind LOTS of other runners, even if you are in pen one. That, combined with the narrow streets in the early part of the race, makes it tough to really relax until you are almost an hour in. The final consideration for those of you trying to push the pace is the travel. I arrived Friday afternoon and it just wasn’t enough time to get acclimated to the time change. Arrive on

Wednesday and you stand a much better chance. You also might be okay if you can run negative splits; I typically can’t.



### Third Paragraph: The Real End

In terms of passion UK fans have nothing on UK fans (huh?)

(**Editor: So, you saw the Chelsea vs. Stoke match a few hours after the race. Did Chelsea win?** Boy, did they, 7-0! **Editor: I guess you went straight back to the hotel after that and slept.** Actually, no, I went straight to a club to hear ex-Depeche Moder Alan Wilder give a “concert” and didn’t get back to my hotel until 11pm.) Then, on Monday, I took one of those big bus tours and got on and off at various stops around the city; even got a chance to walk around some nooks and crannies of the London streets and still saw some of the obligatory tourist spots. (**Editor: Sounds like a good trip.**

Indeed it was and I was able to write it up in only three paragraphs. **Editor: That was a lot more than three paragraphs. Get me another pint please.** Hey, don’t blame me, I wanted to submit this missive via haiku.)

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## BLUEgrass Runners Conquer the Derby Festival Marathon & Mini

April 26, 2010

Debbie Jackson approaches the finish of the Derby Mini Marathon, where she not only enjoyed her run, but also set a new 13.1-mile personal best.

As they headed to the starting line before sunrise, it looked like it was going to be yet another soggy race in the Bluegrass, but just minutes after the gun went off, the skies cleared and gave way to a pleasant day in the Derby City. With more than 20 members participating, BLUEgrass Runners was well-



represented and had several Top 100 finishers.

Congratulations to **Herve Antoine**, whose time of 1:24:43 in the mini made him the first BLUEgrass Runner to cross the finish line and earned him a place among the Top 100 Men.

**Roberta Meyer** ran a 1:32:56, the 22nd place woman overall and fastest female club member. **Amy Carwile**, **Mary Stebbins**, and **Rana Johnson** also finished in the Top 100 Women. **Mary Nagle** was the club’s only first-place age group winner.

Five club members finished the full marathon, and among them was **Matt Reno**, who not only completed the 26.2 miles, his first ever full marathon, but also raised \$1,050 for Ovarian Awareness of Kentucky through his marathon participation.

Matt Reno celebrates the completion of his first marathon and the culmination of months of training and fundraising.

# Race Results



ELVIS Running at the Derby Festival

## Kentucky Derby Festival Marathon

Wendy Allan	4:02:13
Steve Wilson	4:10:07
Brian Ochs	4:17:36
Matt Reno	4:39:15
Su Troske	4:49:50

## Kentucky Derby Festival Mini- Marathon

Herve Antoine	1:24:43
Roberta Meyer	1:32:56
Amy Carwile	1:34:16
Virgil Johnson	1:34:56
Mary Stebbins	1:43:28
Rana Johnson	1:43:53
Deborah Jackson	1:57:45
William Frohoff	1:59:44
Joe Paul Smith	2:03:59
Mary Nagle	2:11:11
James Moore	2:15:05
Wayne Boone	2:19:20
Cathy Boone	2:19:20
Deborah Howatt	2:31:35
Keeana Boarman	2:31:35
Lisa Anstine	2:31:37
Annette Manlief	2:31:37
Jay Mchord	2:31:37
Louise Hensley	2:31:38
Mike (Elvis) Lesshaftt	2:31:39
David Borden	2:39:27
Jorge Arias	3:14:01
Lynn Phillips	4:53:1

## Bryan Station Defender Classic 5K Run/Walk

Val Zeps	17:45	1 <sup>st</sup> male
Dave Kjelby	22:47	2 <sup>nd</sup> Age
Scott Korab	23:15	
Danny Place	24:10	1 <sup>st</sup> Age
Stan Briggs	26:25	1 <sup>st</sup> Age
Lewis Bowling	28:28	2 <sup>nd</sup> Age
Lynn Coe	28:44	3 <sup>rd</sup> Age
Billy Squires	28:53	2 <sup>nd</sup> Age
Terry Foody	32:46	1 <sup>st</sup> Age
Barbara Stenzel	33:32	
Bernie Cornett	33:50	2 <sup>nd</sup> Age
Harold Love	34:03	1 <sup>st</sup> Age
Trish Squires	35:25	2 <sup>nd</sup> Age



Lisa Anstine – Priscilla

## Lexington South Lions Club

April 3, 2010

Valdis Zeps	18:03	2nd Male
Bruce Carey	25:01	
Shannan Gabe	25:47	2nd Female
Mary Nagle	26:48	3rd Female
David Palmer	33:22	
Bernie Cornett	34:23	
Terry Foody	34:50	
Leo McMillen	36:49	
Denise Smith	41:34	

# Race Results

## Lexington Half-Marathon

	Age		
Chris Grecco	7 <sup>th</sup> male	1	1:17:36
Betsy Laski	2 <sup>nd</sup> female	1	1:25:34
Shane Ensminger			1:32:41
Amy Carwile	6 <sup>th</sup> female	2	1:33:36
Mary Stebbins	8 <sup>th</sup> female	1	1:34:46
Bill Sparks			1:39:29
Jason Porter			1:41:51
Steve Wilson			1:45:56
Rana Johnson			1:47:17
Lauren Coons			1:47:46
David Kjelby			1:49:44
Danny Place		1	1:52:39
Matt Reno			1:55:55
Alistair Roden			1:56:10
Lisa Anstine			1:56:27
Leslie Anthony			2:00:10
Melynda Jamison			2:04:21
William Frohoff			2:04:43
Lynn Phillips			2:04:52
Su Troske			2:05:49
Deborah Howatt			2:06:18
Leroy Sanborn			2:09:21
Brenda Burton		3	2:11:16
Analy Scorsone		4	2:11:26
Jim Moore			2:13:07
Stan Briggs		2	2:15:01
Mary Henson			2:16:00
Brian Ochs			2:17:10
Varinka Barbini			2:18:40
Keiko Buckner		5	2:19:21
Nancy Stephens			2:31:11
Barbara Stenzel			2:46:04
Neal Myers			2:50:25
Trish Squires			2:54:43
Leo McMillen		3	2:56:39
Linda Sanborn			3:01:21

## Cincinnati Flying Pig Marathon

Marci White 3:47:24

## Cincinnati Flying Pig Half-Marathon

Mary Stebbins 1:37:51  
 Robert Slocum 2:25:02  
 Victoria Slocum 2:28:35

## Lexington Half-Marathon



**Rana Johnson**



**Mary Henson**



**Melynda Jamison**

# Race Results

## Northside Thoroughbred 5K

Karen Nelson	31:39
Bernie Cornett	33:26



Run for the Hill – Lew Bowling (6207)

## Run for the Hill 5K

Jim Moore	27.51
Lew Bowling	30.27
Billy Squires	30.42
Karen Nelson	31.39
Bernie Cornett	33.19
Harold Love	34.1
Trish Squires	37.35

## Country Music half marathon

Leroy Sanborn	2:19:37
Linda Sanborn	2:32:24
Donna Back	2:39:28

Editor note: They stopped the Country Music marathon short due to the weather. They changed the route to get them in before the storm came thru. There was a electoral storm and strong winds and rain. I couldn't find any BGR members.

## BPD 10K Race Berea

Brenda Burton	58:41
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## AVOL 8K

Analy Scorsone	48:04
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## Anthem 5K Fitness Classic

Roberta Meyer	20:07	2 <sup>nd</sup>
Mary Stebbins	21:20	4 <sup>th</sup>
Bill Bond	26:15	4 <sup>th</sup>
Kevin Perkins	27:43	
David Borden	29:52	
Leah Bond	36:11	1 <sup>st</sup>
Leo McMillen	37:03	
Neal Myers	37:24	

## Rodes City Run 10K

Roberta Meyer	41:32	2 <sup>nd</sup> Age
Mary Stebbins	42:28	1 <sup>st</sup> Age
Donald Stanford	48:49	
Deborah Jackson	51:42	
Bill Bond	53:35	
Nancy Stephens	55:04	
James Moore	56:09	
Lynn Coe	59:42	
David Borden	1:00:59	
Kevin Perkins	1:02:26	
Neal Myers	1:12:25	
Leah Bond	1:12:47	2 <sup>nd</sup> Age

## Papa John's 10 Miler

Varinka Barbini	1:04:30	
Mary Stebbins	1:12:26	1st
Rana Johnson	1:17:28	4th
Donald Stanford	1:26:58	
Deborah Jackson	1:29:14	
Bill Bond	1:32:53	
Mary Henson	1:40:54	
Kevin Perkins	1:46:19	
David Borden	1:46:51	
Daniel Wells	1:47:17	
Lynn Coe	1:47:55	
Leah Bond	2:09:28	1st
Neal Myers	2:14:30	

## Raggedy Ann Run

Cynthiana, April 17, 2010

Leo McMillen	34:58.7
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## YukoEn Garden Gallop 5K

Stan Briggs	25:44
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ALWAYS CONTACT THE RACE OFFICIALS FOR PROPER INFORMATION ABOUT THE RACE

Check this web site for race calendar & results:

<http://www.johnsrunkwalkshop.com/>

March 20 - FAITH Runners' Half Marathon & 10k; Paintsville, KY 7:30 AM - <a href="mailto:faith_runners@yahoo.com">faith_runners@yahoo.com</a>
March 20 - Rodes City Run 10K; Louisville, KY 8:00 A- M; <a href="http://www.rodescityrun.com/">http://www.rodescityrun.com/</a> - <a href="mailto:info@rodes.com">info@rodes.com</a>
March 20 - Northside Thoroughbred 5K & Fun Run; Midway, KY; 9:30 AM <a href="mailto:Heather.Moffett@woodford.kyschools.us">Heather.Moffett@woodford.kyschools.us</a>
March 21 - Georgia Marathon/Half Marathon; Atlanta, GA; 7:00 AM <a href="http://www.inggeorgiamarathon.com/">http://www.inggeorgiamarathon.com/</a> ; <a href="http://thon.com">thon.com</a>
May 2 -Taylorsville Trail 5K/1mile, Taylorsville, KY 8:00 AM <a href="mailto:Joshua.seabolt@spencer.kyschools.us">Joshua.seabolt@spencer.kyschools.us</a>
May 22-McDowell Wellness Center May 10K, Danville, KY 8:00 AM, <a href="mailto:dcoffey@emrmc.org">dcoffey@emrmc.org</a> , <a href="http://www.mcdowellwellness.org/">http://www.mcdowellwellness.org/</a>
May 22-Scenic City Trail Marathon/Half Marathon, Chattanooga, TN , 8:00 AM, <a href="mailto:events@rockcreek.com">events@rockcreek.com</a> , <a href="http://www.rockcreek.com/trailmarathon/">http://www.rockcreek.com/trailmarathon/</a>
May 22-Knox County Fair 5K, Barbourville, KY, 8:00 AM, <a href="mailto:scott.payne@kyfb.com">scott.payne@kyfb.com</a> ,
May 22-Stroll for Fitness 5K Run/Walk, Flemingsburg, KY, 8:30 AM, <a href="mailto:jennawade_dg@yahoo.com">jennawade dg@yahoo.com</a>
May 22-The Chrysalis House 5K Run/Walk, Nicholasville, KY, 9:00 AM, <a href="mailto:maryallisonbelshoff@chrysalishouse.org">maryallisonbelshoff@chrysalishouse.org</a> , <a href="http://www.chrysalishouse.org/">http://www.chrysalishouse.org/</a>
May 22-5K Fellowship Run/Walk, Jellico, TN, 9:30 AM, <a href="mailto:garymcnealy@yahoo.com">garymcnealy@yahoo.com</a> ,
May 22-Mammoth Monmouth May Faire Mile, Monmouth, ME, 10:30 AM, <a href="mailto:johannylipovsky@yahoo.com">johannylipovsky@yahoo.com</a> , <a href="http://www.cumstonhall.org/">http://www.cumstonhall.org/</a> ,
May 22-Take Steps Be Heard , 2-3 mile walk, Lexington, KY, 5:00 PM, <a href="mailto:jsilberisen@ccfa.org">jsilberisen@ccfa.org</a> , <a href="http://www.cctakesteps.org/lexington">http://www.cctakesteps.org/lexington</a> ,
May 29- Buffalo Trails Triathlon/Duathlon, Maysville, KY, 8:00 AM, <a href="mailto:chamber@maysvilleky.net">chamber@maysvilleky.net</a> , <a href="http://www.buffalotrailraces.com/">http://www.buffalotrailraces.com/</a> ,
May 29-Springfest 5K Run/Walk, Russell Springs, KY, 8:00 AM, <a href="mailto:stephanie.johnson@russell.kyschools.us">stephanie.johnson@russell.kyschools.us</a>
May 29-Carter County Fight Against Cancer 5K, Grayson, KY, 8:10 AM, <a href="mailto:jhmcloud@yahoo.com">jhmcloud@yahoo.com</a>
May 29-Kentucky Children's Hospital 5K Run/Walk, Lexington, KY, 9:00 AM, <a href="mailto:aprilmarks@grdlc.com">aprilmarks@grdlc.com</a> , <a href="http://www.just4children.org/">http://www.just4children.org/</a>
May 31-Chick-fil-A Spicy 5K, Richmond, KY, 8:00 AM, <a href="mailto:02466@chick-fil-a.com">02466@chick-fil-a.com</a> , <a href="http://www.chick-fil-a.com/richmondcentre">http://www.chick-fil-a.com/richmondcentre</a>
May 31-Mutt Strut 2K Walk, Lexington, KY, 9:00 AM, <a href="mailto:aother@lexingtonhumanesociety.org">aother@lexingtonhumanesociety.org</a> , <a href="http://www.adoptlove.net/">http://www.adoptlove.net/</a> ,
June 05-Get Healthy Berea 8K Trail Run/4K Walk, Berea, KY, 7:00 AM, <a href="mailto:ChristopherSchill@catholichealth.net">ChristopherSchill@catholichealth.net</a> , <a href="http://www.active.com/running/berea-ky/get-healthy-berea-2010">http://www.active.com/running/berea-ky/get-healthy-berea-2010</a>
June 05-Beef Festival Stampede 5K Run/Walk, Harrodsburg, KY, 8:00 AM, <a href="mailto:jeffklosterman@hotmail.com">jeffklosterman@hotmail.com</a> , <a href="http://www.fortharrodbeefestival.org/">http://www.fortharrodbeefestival.org/</a>
June 05-Another Dam 50K, Englewood, OH, 8:00 AM, <a href="mailto:frankfenton@excite.com">frankfenton@excite.com</a> ,
June 05-Ken-Ducky Derby 5K Run/Walk, Barbourville, KY, 8:30 AM, <a href="mailto:doubleagentheather@gmail.com">doubleagentheather@gmail.com</a> , <a href="http://www.kenduckyderby.org/">http://www.kenduckyderby.org/</a> ,
June 05-Run for the Nun 5K Run/Walk, Lexington, KY, 8:30 AM, <a href="mailto:eddove@windstream.net">eddove@windstream.net</a> ,
June 05-Faster Than a Pastor 5K/1 Mile, Paintsville, KY, 9:00 AM, <a href="mailto:rosburn@roadrunner.com">rosburn@roadrunner.com</a> , <a href="http://sites.google.com/site/fasterthanapastor/">http://sites.google.com/site/fasterthanapastor/</a> ,
June 05-TRDHD 5K Run/Walk, Carrollton, KY, 9:00 AM, <a href="mailto:allisonl.napier@ky.gov">allisonl.napier@ky.gov</a> , <a href="http://www.sprunning.com/">http://www.sprunning.com/</a>
June 11-Pro.Active for Life 5K, Frankfort , KY, 6:30 PM, <a href="mailto:ptmomdb@cwweb.net">ptmomdb@cwweb.net</a> , <a href="http://www.proactivetherapy.org/">http://www.proactivetherapy.org/</a>
June 12-Hatfield & McCoy Marathon, Goody, KY, 7:00 AM, <a href="mailto:TVRRC@hotmail.com">TVRRC@hotmail.com</a> , <a href="http://www.hatfieldmccoymarathon.com/">http://www.hatfieldmccoymarathon.com/</a>
June 12-Varmint Half Marathon, Burk. Garden, VA, 8:00 AM, <a href="mailto:cmcdaniel@tazewell.k12.va.us">cmcdaniel@tazewell.k12.va.us</a> ,
June 12-Possum Ridge 5K, Taylorsville, KY, 8:00 AM, <a href="mailto:Shawn.Pickens@ky.gov">Shawn.Pickens@ky.gov</a> , <a href="https://www.parks.ky.gov/">https://www.parks.ky.gov/</a>
June 12-Run/Walk for the Brass 5K, Danville, KY, 8:00 AM, <a href="mailto:rhempel2@bellsouth.net">rhempel2@bellsouth.net</a> ,
June 12-33rd Annual Run By The River, 5K & 10K, Russell, KY, 8:30 AM, <a href="mailto:timgearhart@bright.net">timgearhart@bright.net</a> ,
June 12-The Run for Glory 5k Run/Walk, Lexington, KY, 9:00 AM, <a href="mailto:luvjesus@windstream.net">luvjesus@windstream.net</a> ,
June 12-Y.F. Bluegrass Conservancy Farmland 5K, Midway, KY, 9:00 AM, <a href="mailto:info@bluegrassconservancy.org">info@bluegrassconservancy.org</a> <a href="http://www.bluegrassconservancy.org/">http://www.bluegrassconservancy.org/</a>
June 18-Chattanooga Mountains Stage Race, Chattanooga, TN, 8:00 AM, <a href="mailto:events@rockcreek.com">events@rockcreek.com</a> , <a href="http://www.rockcreek.com/stagerace/">http://www.rockcreek.com/stagerace/</a>
June 19-Champions4Her 5k Run/Walk, Louisville, KY, 8:00 AM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> , <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
June 19-Run To Care 5K, Flemingsburg, KY, 8:30 AM, <a href="mailto:wooj@adelphia.net">wooj@adelphia.net</a> ,

June 19-Eco-Run 5K Run/Walk, Versailles, KY, 8:30 AM, <a href="mailto:lab@fouser.com">lab@fouser.com</a> , <a href="http://www.eco-run.org/">http://www.eco-run.org/</a>
June 26-Run for the Health of It 5k Run/Walk, Bardstown, KY, 8:00 AM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> , <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
June 27-Markey Race for Cancer Tri-Du-5K, Lexington, KY, 7:00 AM, <a href="mailto:leighseamon@me.com">leighseamon@me.com</a> , <a href="http://www.markeycancerfoundation.org/">http://www.markeycancerfoundation.org/</a>
July 03-The Great Buffalo Chase 5K, Frankfort, KY, 8:00 AM, <a href="mailto:ngum@buffalotrace.com">ngum@buffalotrace.com</a> , <a href="http://www.buffalotrace.com/">http://www.buffalotrace.com/</a>
July 10-Rattlesnake Trail 50K, Charleston, WV, 6:30 AM, <a href="mailto:itsmadr3@suddenlink.net">itsmadr3@suddenlink.net</a> , <a href="http://www.runningintheusa.com/rattlesnaketrail50k/">http://www.runningintheusa.com/rattlesnaketrail50k/</a>
July 10-Racin' Rover 5k & Doggie Dash, Louisville, KY, 8:00 AM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> , <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
July 10-Magnolia 5K, Falls of Rough, KY, 8:00 AM, <a href="mailto:Sheila.Jones@ky.gov">Sheila.Jones@ky.gov</a> , <a href="https://www.parks.ky.gov/">https://www.parks.ky.gov/</a>
July 10-6th Annual Graefenburg Baptist Church 5K, Graefenburg, KY, 8:00 AM, <a href="mailto:ryan.smith@ky.gov">ryan.smith@ky.gov</a> , <a href="http://www.gbcfamily.com/">http://www.gbcfamily.com/</a>
July 10-Missing Piece March 1.5 miles, Lexington, KY, 8:30 AM, <a href="mailto:spiffytiff316@aol.com">spiffytiff316@aol.com</a>
July 17-Dr. Bender Cross Country Classic 5K/2M, Can. Winch., OH, 8:00 AM, <a href="mailto:dwilliard@wowway.com">dwilliard@wowway.com</a> , <a href="http://sites.google.com/site/cwccrosscountry/">http://sites.google.com/site/cwccrosscountry/</a>
July 17-Bluegrass State Games 5K Run/Walk, Nicholasville, KY, 8:30 AM, <a href="mailto:info@bgsg.org">info@bgsg.org</a> , <a href="http://bgsg.org/5k-runwalk/">http://bgsg.org/5k-runwalk/</a>
July 24-Run For Recovery 5K, Lexington, KY, 8:00 AM, <a href="mailto:jasonthomas@shepherdshouseinc.com">jasonthomas@shepherdshouseinc.com</a> , <a href="http://www.shepherdshouseinc.com/">http://www.shepherdshouseinc.com/</a>
July 31-Grand Slam 4 Miler, Louisville, KY, 8:00 AM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> , <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
July 31-Lame Duck Try-Athlon, Georgetown, KY, 8:30 AM, <a href="mailto:asieben@insightbb.com">asieben@insightbb.com</a> , <a href="http://www.lameduck.freesevers.com/">http://www.lameduck.freesevers.com/</a>
August 14-A Midsummer Night's Run 5K, Lexington, KY, 8:30 PM, <a href="mailto:info@johnsrunkwalkshop.com">info@johnsrunkwalkshop.com</a> , <a href="http://www.amidsummernightsrun5k.com/">http://www.amidsummernightsrun5k.com/</a>
August 21-Germantown 50K, Germantown, OH, 8:00 AM, <a href="mailto:wfenton@woh.rr.com">wfenton@woh.rr.com</a>
August 21-Fleet Feet Fiesta 3 Mile Fun Run, Louisville, KY, 9:00 PM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> , <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
August 28-Cameron Hoskins 10,000 (10K/5K walk), Chavies, KY, 8:00 AM, <a href="mailto:michael.smith2@perry.kyschools.us">michael.smith2@perry.kyschools.us</a> ,
August 28-Walk Away From Colon Cancer 5K, Louisville, KY, 9:00 AM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
September 04-Pioneer Run 5k Run/Walk, Louisville, KY, 8:00 AM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> , <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
September 05-Susan Bradley-Cox Tri For Sight, Lexington, KY, 7:00 AM, <a href="mailto:racedirector@triforsight.com">racedirector@triforsight.com</a> , <a href="http://www.triforsight.com/">http://www.triforsight.com/</a>
September 06-Miner's Mile 5K,10K run; 2 mile fun walk, Jellico, TN, 9:00 AM, <a href="mailto:matthewr@dayspringfhc.com">matthewr@dayspringfhc.com</a> ,
September 11-Fallen Firefighters Memorial run 5K, Frankfort, KY, 8:00 AM, <a href="mailto:bruce.roberts@kctcs.edu">bruce.roberts@kctcs.edu</a> ,
September 11-The Run to Remember (4.03 mi.), Lexington, KY, 8:00 AM, <a href="mailto:lexffruntoremember@gmail.com">lexffruntoremember@gmail.com</a> , <a href="http://www.runtoremember.webs.com/">http://www.runtoremember.webs.com/</a>
September 12-Wears Valley 15K, Townsend, TN, 8:00 AM, <a href="mailto:knoxvilletrackclub@gmail.com">knoxvilletrackclub@gmail.com</a>
September 17-Air Force 5K, Dayton, OH, 6:30 PM, <a href="mailto:usaf.marathon@wpafb.af.mil">usaf.marathon@wpafb.af.mil</a> , <a href="http://www.usafmarathon.com/">http://www.usafmarathon.com/</a>
September 18-Air Force Marathon, Dayton, OH, 7:15 AM, <a href="mailto:usaf.marathon@wpafb.af.mil">usaf.marathon@wpafb.af.mil</a> , <a href="http://www.usafmarathon.com/">http://www.usafmarathon.com/</a>
September 18-33rd Annual Cow Days 5K Road Race, Greensburg, KY 8:00 AM, <a href="mailto:tjdeaton@windstream.net">tjdeaton@windstream.net</a> , <a href="http://greensburgonline.com/">http://greensburgonline.com/</a>
September 19-Downtown Doubler 15k/30k, Louisville, KY, 7:30 AM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> , <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
September 19-CASA 10K Run for Kids' Sake, Lexington, KY 8:00 AM, <a href="mailto:jane.bennington@mac.com">jane.bennington@mac.com</a> , <a href="http://www.casa10k.com/">http://www.casa10k.com/</a>
September 25-Farmers National Bank Pokey Pig 5K, Lebanon , KY, 8:00 AM, <a href="mailto:melissaknight@fnblebanon.com">melissaknight@fnblebanon.com</a>
September 25-Double "S" Stampede 5K, Georgetown, KY, 8:00 AM, <a href="mailto:creinhart@bellsouth.net">creinhart@bellsouth.net</a> ,
September 25-Big South Fork 17.5 Mile Trail Run, Oneida, TN, 8:30 AM, <a href="mailto:bgruns@comcast.net">bgruns@comcast.net</a>
October 02-StumpJump 50K, Chattanooga, TN, 8:00 AM, <a href="mailto:events@rockcreek.com">events@rockcreek.com</a>
October 02-Highland Cup 5k Run/Walk, Louisville, KY, 8:00 AM, <a href="mailto:camille.estes@yahoo.com">camille.estes@yahoo.com</a> , <a href="http://www.rivercityraces.com/">http://www.rivercityraces.com/</a>
October 02-Secretariat 5K Big Red Run/Walk, Paris, KY, 9:00 AM, <a href="mailto:cfish@parisky.com">cfish@parisky.com</a>
October 09-NAMIWalks 5K, Lexington, KY, 1:00 PM, <a href="mailto:namiwalks@namilex.org">namiwalks@namilex.org</a> , <a href="http://nami.org/namiwalks/KY/Lexington">http://nami.org/namiwalks/KY/Lexington</a>
October 22-Bourbon Chase Relay, Clermont, KY, 8:00 AM, <a href="mailto:info@bourbonchase.com">info@bourbonchase.com</a> , <a href="http://bourbonchase.com/">http://bourbonchase.com/</a>
October 23-The Medical Center 10K Classic, Bowling Green, KY, 8:30 AM, <a href="mailto:JAGolden@chc.net">JAGolden@chc.net</a> , <a href="http://www.themedicalcenter10kclassic.com/">http://www.themedicalcenter10kclassic.com/</a>
October 24-Stone Steps 50K, Cincinnati, OH, 8:00 AM, <a href="mailto:RD@StoneSteps50k.com">RD@StoneSteps50k.com</a> , <a href="http://stonesteps50k.com/">http://stonesteps50k.com/</a>
October 29-Black Cat Chase 5K, Frankfort, KY, 7:00 PM, <a href="mailto:zack@frankfortymca.org">zack@frankfortymca.org</a>
October 30-Last Hanging Marathon, Pikeville, KY, 8:00 AM, <a href="mailto:TVRRRC@hotmail.com">TVRRRC@hotmail.com</a> , <a href="http://www.hatfieldmccoymarathon.com/">http://www.hatfieldmccoymarathon.com/</a>
November 06-Michelle Litteral Brock 5K, Corbin, KY, 9:00 AM, <a href="mailto:andyandkarenwhite@gmail.com">andyandkarenwhite@gmail.com</a>
November 06-Victory Day 5K, Lexington, KY, 9:00 AM, <a href="mailto:david.webster@va.gov">david.webster@va.gov</a>
November 07-Bobcat Trail Marathon, Glouster, OH, 7:00 AM, <a href="mailto:info@bobcattrailmarathon.org">info@bobcattrailmarathon.org</a>

November 14-ALS 5K, Lexington, KY, 3:00 PM, [Heather.Adams-Blair@eku.edu](mailto:Heather.Adams-Blair@eku.edu)

November 20-3rd Annual St John School Turkey Trot, Georgetown, KY, 9:00 AM, [creinhart@bellsouth.net](mailto:creinhart@bellsouth.net)

I understand that the "BLUEgrass Runners" is a nonprofit running club organized to foster safety and promote excellence for runners and walkers of all ages, levels and abilities in the Bluegrass area. As a BLUEgrass Runner, I subscribe to the above purpose and agree to abide by the club's constitution, by-laws and rules. I also agree to hold harmless the BLUEgrass from any liability for any injury incurred while participating in any activity organized or sponsored by the BLUEgrass Runners. Annual dues in the BLUEgrass Runners Club are \$20-single and \$25-family.

### MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

No. Street (P.O. BOX) State Zip  
Phone (home) \_\_\_\_\_ Fax \_\_\_\_\_ T-shirt size \_\_\_\_\_ Gender \_\_\_\_\_

Phone (work) \_\_\_\_\_ E-mail \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail dues and application to: BLUEgrass Runners \*\*\*\*Referred by: \_\_\_\_\_

P.O. 23551 (BLUEgrass Runners Member)

Lexington KY 40523

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